The Incredible Years Parent Programs
Program developed by Carolyn Webster-Stratton, Ph. D., Professor and Director of the Parenting Clinic at the University of Washington.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University and Carolyn Webster-Stratton, Professor, University of Washington

**Program Components**

- IYS BASIC Parent Program

**Targets**

- Decrease Risk Factors
- Increase Protective Factors

**Proximal (Short-term) Outcomes**

- Improved Family Interactions

**Distal (Long-term) Outcomes**

- Reduced Antisocial Behavior

Created September 2010
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**Program Component & Goal**

**Component:**
IY BASIC Parent Program (Preschool and School Age versions)

**Goal:** Enhance positive parenting interactions, coaching & attachment with children and proactive discipline.

**Program Modalities**
Specific strategies, methods, and techniques are used to accomplish the program goals.

**Program Goal Setting & Self-Monitoring**
- Video Modeling
- Role Play & Behavioral Practice
- Group Support, Discussion & Problem Solving
- Cognitive Emotional-Regulation Training
- Take home Practice and Reading Assignments
- Family Meal & Day Care
- Parent-Teacher Collaboration

**Targeted Risk and Protective Factors**

**Risk Factors:**
- Ineffective parenting skills
- Low monitoring
- Numerous stressors (negative life events, socio-economic disadvantage, and isolation)
- Low parent involvement with schools/teachers
- Child biological factors (developmental delays, ADHD, cognitive, language)

**Protective Factors:**
- Positive, nurturing, developmentally appropriate parenting skills
- Parent support for child social, emotional and academic development
- Parent support networks
- Parent partnerships with teachers/schools
- Parent effective communication skills, anger management, problem solving

**Proximal (Short-term) Outcomes**
Targeted outcomes that the program has been shown in research to impact immediately following program completion.

**Distal (Long-term) Outcomes**
Outcomes that the program has been shown in research to impact at long term follow-up.

**Improved Parenting and Interpersonal Skills:**
- Increased parent positive interactions with child (e.g., nurturing, praise, coaching, and attachment)
- Increased effective parental limit-setting, replacing spanking and harsh discipline with non-violent, proactive discipline
- Increased monitoring of children, predictable routines & safety proofing households
- Reductions in parental depression & anger
- Increased parent support systems
- Increased positive family communication & problem solving & collaboration with teachers

**Improved child behavior at home:**
- Reduced behavior problems in child interactions with parents
  - Increases in emotional regulation, social competence, problem solving and compliance with parents

**Improved child behavior at school:**
- Increased social and emotional competence with peers in classroom
  - Increased problem solving
  - Reduced behavior problems
  - Increased academic readiness, affect, social competence and compliance

**Reduced Antisocial Behavior:**
- Less aggressive, destructive behavior & conduct disorders
- Less depression
- Less use of drug and alcohol use
- Less likely to drop out of school
- Less criminal activity
- Less pregnancy